



## WOODFORD COUNTY

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# BUILDING STRONG FAMILIES FOR KENTUCKY 2014



### OUR FOCUS

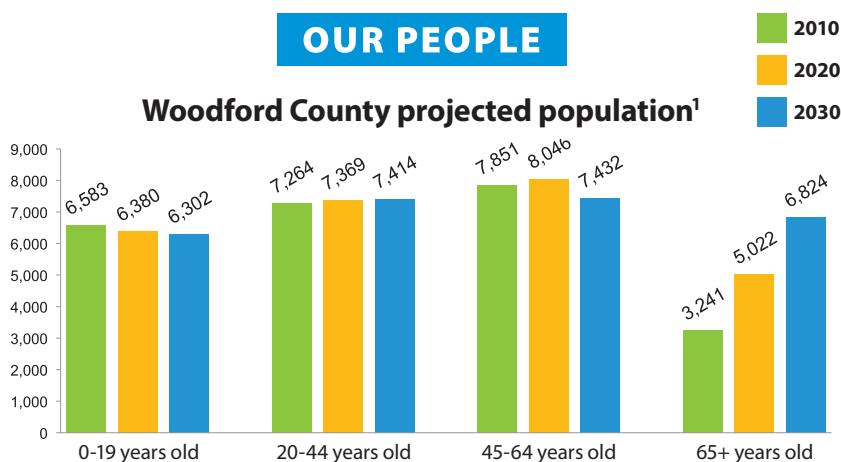
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Woodford County. To help families make wise decisions, our educational programs focus on:

- **Making Healthy Lifestyle Choices** that influence health and well-being
- **Nurturing Families** as they cope with fewer resources and more demands
- **Embracing Life as We Age** to strive for independence longer
- **Securing Financial Stability** in a turbulent economic period
- **Promoting Healthy Homes and Communities** to recycle, reduce waste, and protect our environment
- **Accessing Nutritious Food** that is affordable, available and safe
- **Empowering Community Leaders** as we all work to sustain and improve our communities

In 2012-2013, Family and Consumer Sciences Extension made **2,804** contacts with Woodford County individuals and families.<sup>2</sup>

### OUR PEOPLE

Woodford County projected population<sup>1</sup>



### SPOTLIGHT ON ...

## COMMUNITY GARDENING

“Plate It Up! Kentucky Proud” is a multifaceted program encouraging consumers to buy locally and increase their fruit and vegetable consumption. With a grant awarded to the Woodford County Healthy Community Coalition and using “Plate It Up! Kentucky Proud” principles, multiple community gardens were built throughout the county with the goal of promoting healthier lifestyles and reducing obesity. In conjunction with the program, the Woodford County FCS agent taught gardeners how to select, store, prepare, and cook the foods growing in the gardens as well as other locally grown produce. Participants sampled the Plate It Up! Kentucky Proud recipes and learned how to create their own raised beds for gardening.

<http://hes.uky.edu/StrongFamilies>

## FAMILY ACCESS

According to the 2007-2011 American Community Survey,<sup>3</sup> in Woodford County...

- **16.4%** (+/- 5.1) of families with children were below poverty
- **8.2%** (+/- 3.5) of those ages 65 and over were below poverty
- **18.7%** (+/- 2.6) of households had retirement income
- **5.3%** (+/- 1.5) of households had no vehicle

The USDA Food Environment Atlas<sup>4</sup> indicates that in 2010, Woodford County had **6,750** people, **1,828** children and **657** seniors with low access to a supermarket or large grocery store.\*

In addition, **2,004** residents had **both** low income **and** low access to stores.

### As a result of participating in Woodford County Extension programs:<sup>2</sup>

- **155** people demonstrated an increase in practical living skills.
- **185** people utilized healthy food delivery systems and access points.
- **53** people in Managing in Tough Times: Moneywise became aware of how to manage current economic events.

## COMMUNITY AVAILABILITY

In 2011, Woodford County had:

- **5** Grocery stores (any kind)<sup>5</sup>
  - **2** Grocery/supermarkets (except convenience)<sup>5</sup>
  - **3** Convenience stores (i.e. food marts – no gas)<sup>5</sup>
- **8** Gasoline stations with convenience stores<sup>5</sup>

In the county, there were:

- **7** Roadside markets that served the county<sup>6</sup>
- **5** Farmers market locations<sup>7</sup>
- **15** SNAP\*\* authorized stores (food stamps)<sup>4</sup>
- **3** WIC\*\*\* authorized stores<sup>4</sup>

In 2011, there were **\$242,481.29** in SNAP redemptions/per SNAP authorized store in Woodford County.<sup>4</sup>

### As a result of participating in Woodford County Extension programs:<sup>2</sup>

- **321** people increased knowledge of healthy food consumption.
- **319** people increased knowledge of safe storage, handling, and preparation of food.
- **65** people reported eating more healthy foods.

## FOOD ASSISTANCE

In Woodford County...

- **1,196** was the average monthly number of children who received SNAP\*\* (food stamps) in 2011, up from **695** children in 2007 (**up 72.1%**).<sup>9</sup>
- **35.0%** of students attending public schools were eligible for free or reduced-price meals.<sup>9</sup>
- There were **1,450** SNAP cases and the monthly SNAP benefit level was **\$268.28**.<sup>8</sup>

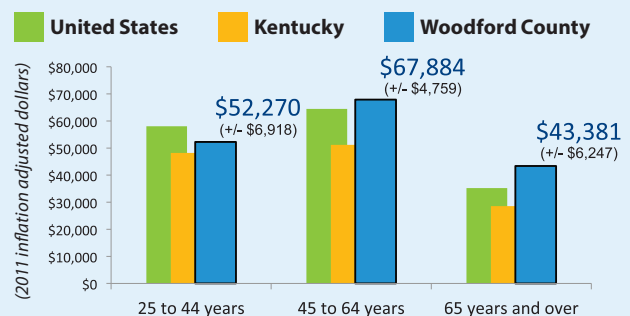
Woodford County is served by God's Pantry Food Bank of the Ky. Assoc. of Food Banks.<sup>10</sup>

### As a result of participating in Woodford County Extension programs:<sup>2</sup>

- **50** people adopted practices to increase food access and affordability.
- **377** families/caregivers were reached with information on accessing healthy foods.
- **261** youth increased their knowledge of healthy food consumption.

## HOUSEHOLD INCOME

### Median household income in past 12 months by age of householder in Woodford County (2007-2011)<sup>3</sup>



#### SOURCES

- <sup>1</sup> Kentucky State Data Center
  - <sup>2</sup> Kentucky Cooperative Extension Service Reporting, FY 2013
  - <sup>3</sup> 2007-2011 American Community Survey, 5-Year Estimates
  - <sup>4</sup> USDA, Economic Research Service. <http://www.ers.usda.gov/data-products/food-environment-atlas.aspx>
  - <sup>5</sup> US Dept of Commerce, County Business Patterns, 2011.
  - <sup>6</sup> Kentucky Farm Bureau. <https://www.kyfb.com/federation/markets>
  - <sup>7</sup> Kentucky Dept. of Agriculture Farmer's Market directory. <http://www.kyagr.com/marketing/farmers-market-directory.aspx>
  - <sup>8</sup> Kentucky Cabinet for Health and Family Services, Data Book, June, 2013. [http://chfs.ky.gov/dcbcs/data\\_book.htm](http://chfs.ky.gov/dcbcs/data_book.htm)
  - <sup>9</sup> Kids Count Data Center, KY Youth Advocates.
  - <sup>10</sup> Kentucky Association of Food Banks. <http://www.kafb.org>
- \* Low access is defined as more than 10 miles in a rural area and more than 1 mile in an urban area.  
 \*\* Supplemental Nutrition Assistance Program  
 \*\*\* The Special Supplemental Nutrition Program for Women, Infants and Children

